

WORDS OF WISDOM

"With their sunny dispositions, kids set a good example for adults. Kids expect everyone to be generous, friendly, open and forgiving...and perhaps, somewhere, there's a free ride, too."

Grace Witwer Householder

Summer Lawn & Garden Safety Tips

Whether you are just helping out around the house this summer or you have a summer job mowing lawns it is important to learn about the hazards of each piece of equipment, and take the following precautions to prevent injuries to children and themselves from lawn and garden equipment:

1. Children should never be in the yard while you're mowing, and they should never ride on the mower. More than 800 young children get run over or backed over by riding mowers each year. This happens when children fall while being given rides, or when they approach the operating mower.

2. Never assume children will remain where you last saw them. Be alert and turn off the mower if children enter the mowing area. Use extra care when backing up or going around corners, shrubs, trees or other obstacles.

3. Many children suffer serious burns to their hands and arms when they touch the hot muffler of running or recently running engines. Keep children

What to Do When You Hear "I'm Bored" This Summer

It's summertime, school is out, and many families are at their wit's end about how to fill three months of their children's free time. Images of summertime are usually cast in a light of hot, lazy, relaxing days by a lake, but the reality for most working families is the struggle to balance the demands of adult work schedules with providing safe activities for children. This dilemma often results in hectic, stress-filled days comparable to those during the school year. While summer camp is an option for some, the cost of day and overnight camps can be too expensive for many families' budgets. Structured activities are beneficial, but parents and caregivers should also keep in mind the advantages of unstructured time for children.

So what do we do to keep young children busy, yet also allow them to enjoy the summer months? Whether your child is a preschooler or school-age, opportunities for fun, educational, and even relaxing activities are possible. Here are some tips that may be useful for families and caregivers:

Visit the library

Until recently, libraries offered little or nothing for children below the age of three, but in the past few years, many have introduced programs for toddlers. Children and adults can participate in activities that may include reading aloud, storytelling, fingerplays, rhymes, and songs. Preschoolers usually enjoy the group activities offered by libraries, where they can participate in puppet shows and arts and crafts activities. For

elementary school children, there are variations of the read-alouds and storytelling hours that often include discussions and presentations by the children themselves, as well as summer reading programs. Many public libraries also offer training courses for children in using different software or educational programs.

Discover geography

What makes a place special? What are the physical characteristics of your hometown? Take children for a walk around your neighborhood and look at what makes it unique. Point out how it is similar to other places you have been and how it is different. If you live near a park, a lake, a river, a stream or a creek, take your children there and spend time talking about its uses. Read stories about distant places with children or sing songs to teach geography, for example "Home on the Range" or "California, Here I Come." Make a wish list of places you would like to visit with your child. Look them up on a map and plan a trip there—real or pretend.

View and create collections

Go to a children's museum to view hands-on exhibits or suggest that your children start a "collection" and build their own museum. They can collect natural materials, such as acorns and leaves from a local park or sea shells from the beach.

Nature's best

Older children can learn about weather by using a map to look up the temperature of cities around the world and discover how hot each gets in the summer. Watch cloud formations and use your imagination. Do the shapes look like horses, ducks or other animals? At night, children can collect fireflies in jars, or depending on their age, camp out in a tent in the back yard. Create a treasure map for children to find hidden treats in the yard. Read about your state bird and state flower, and if possible, bicycle ride to a nearby park to find them.

Use community resources

Watch for special events, such as free

INSIDE THIS ISSUE

• Teaching Youngsters How to Be Good Sports.....	2
• Preventing Heat Illness.....	2
• Helping Children Read Well.....	3
• The Health Benefits of Laughter.....	3
• Vocabulary Fun.....	3
• Winter TRAIL at Mountain Home AFB.....	4

COACHES CORNER

Teaching Youngsters How to be Good Sports

The traditional value of sportsmanship is being challenged from all sides: professional, college, high school, and even in youth sports. There are some who say sportsmanship is becoming a lost art and that unless we remind ourselves of the essentials of sportsmanship it will gradually fade as other values have done in our society.

In the midst of all this, it seems doubly important that we recommit ourselves to guiding our youth, reminding them what sportsmanship is all about, rewarding them for showing good sportsmanship and showing, by our example, that sportsmanship is still alive and valued in youth sports today.

Here's a 10-item checklist for kids to follow as they try to develop a habit of good sportsmanship.

Sportsmanship Checklist for Kids

1. I abide by the rules of the game.
2. I try to avoid arguments.
3. I share in the responsibilities of

the team.

4. I give everyone a chance to play according to the rules.
5. I always play fair.
6. I follow the directions of the coach.
7. I respect the other team's effort.
8. I offer encouragement to my teammates.
9. I accept the judgment calls of the game officials.
10. I end the game smoothly.

Sportsmanship is the ability to:

1. Win without gloating (don't rub it in).
2. Lose without complaining (don't make excuses).
3. Treat your opponent and the officials with respect.

Sportsmanship Tips:

1. If you make a mistake don't pout or make excuses. Learn from it, and be ready to continue to play.
2. If a teammate makes a mistake, encourage, don't criticize.

Source: Youth Sports Newsletter, May 2002

Lawn & Garden Safety Tips

Continued from page 1

away from power equipment.

4. Be sure you know how to operate the equipment. Know where the controls are and what they do. Make sure the equipment is in proper operating condition and guards or other safety devices have not been removed or disabled.

5. Dress appropriately for the job. This includes: sturdy shoes with slip-resistant rubber soles, long pants and long-sleeved shirts, close-fitting clothes, eye protection, heavy gloves, hearing protection when needed, and no jewelry, which can get caught in moving parts.

6. Before mowing, walk around the area in which you will be working to remove any objects like sticks, glass, metal, wire, stones and string that could cause injury or damage equipment. Nails and wire are the most hazardous objects thrown by mowers, capable of killing bystanders.

7. Never work with electric power tools in wet or damp conditions. For protection against electrocution, use a

fault circuit interrupter (GFCI). GFCIs come in several models, including portable plug-in types and as part of some extension cords.

8. Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.

9. Before making adjustments or clearing jams near moving parts, unplug electric tools and disconnect spark plug wires on gasoline-powered tools.

10. Be sure that power tools are turned off and made inoperable if they must be left unattended. This will help prevent use by children.

11. Handle gasoline carefully. Remember, never fill gas tanks while machinery is operating or when equipment is still hot. Do not fuel equipment indoors. Wipe up spills. Store gas in an approved container away from the house.

12. Finally, never smoke or use any type of flame around gasoline.

Follow these simple procedures for a safe lawn mowing season.

Source: The Consumer Product Safety Commission, May 2002

Make Preventing Summer Heat Illness a G.O.A.L

Children are more susceptible to heat illness than adults.

With this in mind and summer heat approaching, the U.S. Soccer Federation, the governing body of all soccer in the United States, has taken a leadership role to develop and distribute Youth Soccer Heat Stress Guidelines for youth coaches and parents.

The goal is to help prevent the potentially deadly effects of heat illness among the 14 million U.S. children who play soccer.

The guidelines provide coaches with an overview of the latest research and information regarding: 1) the physiological factors and soccer-specific factors that place young athletes at risk for heat illness, 2) heat illness prevention techniques and 3) the signs and symptoms of dehydration and heat illness.

To ensure the key points from the guidelines are memorable for coaches, parents and kids, the U.S. Soccer Federation has developed the acronym -- G.O.A.L. -- which stands for:

G - Get acclimated -- active kids' (and adults') bodies need time to gradually adapt to increased exposure to high temperatures and humidity. During this 8 to 10-day acclimation process, it's especially important for kids to drink enough fluids.

O - On a schedule, drink up -- thirst isn't an accurate indicator of fluid needs. Young athletes should be encouraged to drink on a schedule or at regular intervals before they become thirsty.

A - Always bring a Gatorade -- especially during games and practices in the heat, replacing electrolytes and providing energy is crucial to keeping kids safe and going strong to enjoy their games.

L - Learn the warning signs of dehydration and heat illness -- if someone becomes fatigued, dizzy, nauseous or has a headache during exercise in the heat, have them stop, rest and drink fluids. Seek medical attention if symptoms persist.

Source: KidSource on-line, May 2002

Simple Things You Can Do To Help Children Read Well

Reading is one of the most important skills a child learns in school. There is much that you as a parent can do to help your child learn to read and to learn to love to read. Here are a few suggestions that you can start with today.

1. Read to and with your children for 30 minutes every day. It is very important to read out loud to your children before they start school. Help your children to read with you. Ask them to find letters and words on the page and talk with your children about the story.

2. Talk with infants and young children before they learn to read. Talk with your children all day long, using short, simple sentences. Talking with them even before they can speak will help them later when they learn to read and write.

3. Help your children to read on their own. Reading at home helps children do better in school. Have lots of children's books in your home and visit the library every week. Help your children get their own library cards and let them pick out their own books.

4. If your child has a developmental delay, your child may find reading frustrating. Have books on tape in your home. Borrow or buy a tape player that is easy to work. If you cannot find recordings of your child's favorite books, you or a family member could make recordings of them for your child to listen to while looking at the books.

5. Help your child to see that reading is important. Suggest reading as a free-time activity. Make sure your children have time in their day to read. Set a good example for your children by reading newspapers, magazines, and books.

6. Set up a reading area in your home. Keep books that interest your children in places where they can easily reach them. As your children become better readers, make sure that you add harder books to your collection.

7. Give your children writing materials. Children want to learn how to write and to practice writing. Help them learn by having paper, pencils, pens, or crayons for them in your home. Help your children write if they ask you. If your child has a special learning or physical need, regular pens and pencils may not be the best choice. Ask your pediatrician or people who work with your child at school or at the child care center to suggest other writing materials

your child can use.

8. Talk with your children as you do daily activities together. When you take your children places, talk with them about what you are doing and ask them questions. If your child cannot hear, use whatever form of communication your child usually uses.

9. Ask your children to describe events in their lives. Talking about their experiences makes children think about them. Giving detailed descriptions and telling complete stories also helps children learn about how stories are written and what the stories they read mean.

There are many more things you can do - as a parent, as a grandparent, as a childcare provider, as a member of a community - to help children learn to read.

Source: United States Department of Education, May 2002

Fun Ways to Build Vocabulary

You can enjoy some quality family time this summer and help your child practice spelling skills and develop a greater vocabulary by playing a few popular games.

Boggle - helps build spelling and word building skills. Shake up the 16 letter cubes, turn the timer over, and see how many words you can find in the letters.

Scrabble - draw seven letters and make words on the playing board that resembles a crossword puzzle when completed. Each wooden block letter has a point value. Scrabble also makes a version of the game for younger players.

Quiddler - players try to make high-scoring words from cards that have letters and point values. Players pick and discard cards until they have made words out of the letters in their hand.

Hangman - all you need is a pencil and paper. Choose a secret word. Then write dashes for each letter of the secret word. Players guess letters, and you fill in the correct ones until someone guesses your word.

The Five Health Benefits of Laughter

Besides being fun, laughter has great health benefits.

1. It stimulates a mild to moderate cardiovascular workout.

2. It produces endorphins, which counteract the production of stress hormones.

3. It appears to optimize the immune system.

4. It reduces self-consciousness and boosts self-confidence.

5. It relaxes muscles and helps fight the chronic pain associated with muscle tension.

Source: National Association for the Education of Young Children, April 2002

"I'm Bored"

Continued from page 1

outdoor music festivals or concerts. Many communities host evening concerts in local parks--pack a picnic dinner and enjoy time with your family. People are resources too--collectors, painters, and backyard naturalists may live in your neighborhood, eager to share their knowledge with children.

Rainy day activities

Summertime often brings thunder clouds. On days when outdoor activities are not possible, you can share family history and photos with your children. Pull out the old videotapes of past family gatherings and events. Prepare an indoor picnic with your child or cook dinner together.

Whatever the activity, children can enjoy and appreciate the summer months in ways that are both educational and stress-reducing for all involved.

Source: National Association for the Education of Young Children, May 2002

DID YOU KNOW:

Some of the greatest population growth is occurring between the ages of 50 and 75. In 1985 about 50 million Americans were in this age group. In 10 years, it is expected that an estimated 85 million will be in the third quarter of their lives, constituting one-third of all people in the United States.

Source: U.S. Census Bureau, May 2002

First Winter TRAIL Program a Success at Mountain Home AFB

"This was great. I bonded with so many people in such a short time. We felt like a family, in a sense. Team challenges and skits made for a good time. Thank you for putting this together for us. Happy TRAILS." And, "I really liked this trip. I will never forget this and I don't think anyone else will either. Thanks to all the staff."

These comments sum up the Air Combat Command's first winter TRAIL program. The program was hosted by Mountain Home AFB, ID, 20-24 Mar 02. Forty-four teens and adults attended representing nine ACC bases. At Soldier Mountain Ranch, they participated in leadership and teamwork building games, moonlight cross-country skiing, a challenging GPS course on cross country skis, and six Yukon Challenges. The first adventure on cross-country skis was humbling; many lay on their backs in the snow and struggled to right themselves.

"I bonded with so many people in such a short time. We felt like a family, in a sense".

After the first fall, they were on their way into the night and luckily were much more successful. However, there were varying degrees of expertise among the group of participants and some put Olympians Bode Miller and Kelly Clark to shame. Friday morning, cross-country skis were donned and everyone was off in search of hidden nylon markers. The markers, part of the Global Positioning System (GPS) tracking course, had been strategically placed in twelve locations throughout the course. Five teams had 2 hours to complete punch cards and find targets. What a challenge! Teens skied through the woods, along creeks, passed over fences, and even navigated around a farm. Horses watched the antics! Towards the end of the journey, one team that was racing back to home base, picked up speed down a slight incline and smashed into a snow bank, piling into each other. It was wonderful fun! On Saturday, everyone went to Soldier Mountain Ski Resort for downhill skiing and snowboarding. Everyone took lessons! Many graduated quickly and proceeded to the slopes. In the end most



Snowboarding, skiing and snow shoeing were all a part of the fun at Mountain Home AFB.



teens and even staff were able to take the ski lift up to the top. Nobody ever falls off the lift!! The program culminated that night with an awards dinner. Teams were recognized for creativity in their base and team skits, their performance in the Yukon challenge, their

GPS tracking, and more. It was a wonderful program for teens to get to know each other and to learn how to work together as a team.

In closing, one teen said, "I enjoyed myself very much, I've proven myself wrong on a lot of things that I thought I wasn't capable of. Thanks."

UNITED STATES

Youth LINK

A Bi-Monthly Newsletter of the United States Air Force Youth Program

Please visit: www-p.afsv.af.mil/FamilyMemberPrograms.youthmain.htm

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**FUN FACTS**

- The average person laughs about 15 times a day.
- The largest body of fresh water in the world is Lake Superior.
- Venus is the only planet that rotates clockwise.
- The first suburban shopping mall was opened in 1922 by National Department stores in St. Louis.

FUN & GAMES

FROM THE EDITORS OF YOUTHLINK**Comedy Corner**

Danny: What has to be answered even though it didn't ask a question?

Lora: I don't know. What?

Danny: A telephone.

Why was the chicken thrown out of the little league game?

Because he used fowl language.

**CAN YOU IDENTIFY THIS STATE:**

1. The first woman elected to the U. S. House of Representatives hailed from this state.
2. President Jefferson hired Lewis and Clark to explore, map and record their observations of this region.
3. The state animal is the Grizzly bear.
4. The state fish is the cutthroat trout.
5. The state bird is the western meadowlark.
6. This state remained a territory for 25 years until President Benjamin Harrison made it the 41st state in November of 1889.
7. Agriculture and tourism are the two main industries of this state.
8. This state is home to the Roe River, the shortest river in the world at only 200 feet long.
9. This state has the largest 24 hour temperature differential on record, 100 degrees.
10. Geographically this state ranks 4th in size but has a population of less than one million.

ANSWERS TO WORD WISE**SCRAMBLE:**

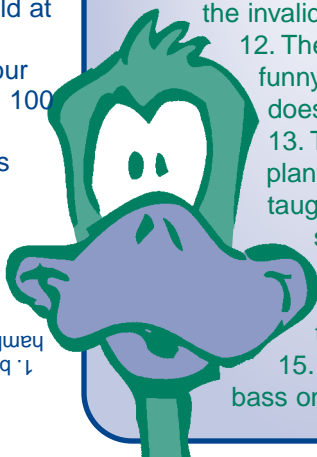
1. barbeque 2. potato salad 3. baked beans 4. hamburger 5. lemonade 6. watermelon 7. chips 8. cookies 9. hot dog 10. tea

ANSWER TO WHERE AM I

Montana

13 Reasons why English Can Be Hard to Learn

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The soldier decided to desert his dessert in the desert.
4. When it was scared, the dove dove into the bushes.
5. I did not object to the object.
6. I was not close enough to the door to close it.
7. The wind was too strong to wind the sail.
8. I had to subject the subject to many questions.
9. Upon seeing the tear in my dress, I shed a tear.
10. A seamstress and a sewer fell down into a sewer.
11. The insurance was invalid for the invalid.
12. The buck does funny things when the does are present.
13. To help with planting, the farmer taught his sow to sow.
14. He could lead if he got the lead out.
15. He painted a bass on his bass drum.

**Celebrating...****Fireworks on the Fourth of July**

We all enjoy the grand fireworks displays that are a big part of every community's Fourth of July celebration. But where did fireworks come from?

Fireworks and Ancient Folk Custom. In ancient China, people believed that fire could disperse evil spirits. Sparks were a good omen, sound could frighten ghosts, and smoke could create a healthy atmosphere. Fireworks had universal appeal as they combined these three elements.

In modern China, much like their ancestors, people set off fireworks to express their happiness and to pray for peace and invite good luck during festivals. Fireworks are truly rooted in people's consciousness and play an important role in a host of Chinese national celebrations and local festivals:

- **Chinese Lunar New Year** - in early Spring
- **Lantern Festival** - to mark the end of the Lunar New Year festival
- **China National Day** - October 1st
- **Chinese ethnic minority festivals**
- **Kite Festival of Weifan** - annual showcase of kite art and design
- **Grape Festival of Turpen** - in

Continued on next page





History of Fireworks



Continued from previous page

western China's grape growing area

Other occasions where fireworks are often used:

- Weddings
- Birthdays
- Business launches
- Honoring of guests

Events in Chinese Fireworks

History. Qin Dynasty (221 BC - 206 BC): In 211 BC, during building the great wall of China, signal towers were designed at strategic points to warn the army behind the wall of any intrusion by the enemy forces. Smoke signals were used during the day and bonfires at night. It is believed that saltpeter (potassium nitrate), the main ingredient in black gunpowder, was added to the firewood.

Dong Han Dynasty (206B.C. - 220AD): People roasted bamboo to produce a loud sound that was intended to scare away evil spirits.

Sui Dynasty (581A.D. - 618A.D.): A story was told that in 616 AD, during the Sui Dynasty, a flare signal, summoning reserve troops to military service was set off and was found to entertain the morose wife of the emperor Yang-Ti. When the soldiers gathered, all with sullen looks on their faces, the sight was so amusing that it made her laugh. Some historians believe this to be the first instance of flares being used as fireworks.

Sui and Tang Dynasties (581A.D. - 907A.D.): China witnessed the invention of gunpowder, a mixture of potassium nitrate, sulfur and charcoal. This was found during the search for a medicine to prolong life.

In the year of 904 AD, Zheng Fan attacked YuZhang. Gunpowder was first used in the Military.

Source: Holidays on the Net, May 2002

Each year, over 8000 people are injured using fireworks. How much do you know about fireworks? Take our quiz (each answer is either true or false):

1. Children should never play with or light fireworks.
2. Adults should always keep a bucket of water handy in case of a malfunction or fire.
3. Adults should read and follow all warnings and instructions before using fireworks.
4. Adults should be sure that other people are out of range before lighting fireworks.
5. Sparklers burn at such high temperatures that they burn clothing.
6. A 7-year-old boy lost half of his left hand, including his fingers when he lit an M-80 he found hidden in a family bedroom.
7. An 8-year-old girl received second and third degree burns to her leg when a spark from a sparkler she was holding ignited her dress.

All of the above are True.

Can you unscramble these letters to make picnic food and drinks:

1. uqerebab

□ □ □ □ □ □ □ □

2. lootsatpada

□ □ □ □ □ □ □ □ □ □ □ □

3. skabneedab

□ □ □ □ □ □ □ □ □ □

4. rumhagbre

□ □ □ □ □ □ □ □ □

5. dameelno

□ □ □ □ □ □ □ □

6. lemonarewt

□ □ □ □ □ □ □ □ □ □ □ □

7. shipc

□ □ □ □ □ □

8. soeoick

□ □ □ □ □ □ □ □

9. goodth

□ □ □ □ □ □ □ □

10. eat

□ □ □ □

WORD WISE

Can you find 25 words that are the names of trees? See the list to the right. Remember, look forward, backward and diagonal, too.

A	S	M	A	P	L	E	T	S	U	C	O	L	O
O	I	H	S	S	E	R	P	Y	C	O	C	P	W
K	B	L	H	R	I	R	E	D	B	U	D	P	A
A	U	D	O	G	W	O	O	D	E	L	M	A	L
B	C	O	L	N	S	P	R	U	C	E	F	L	N
I	K	A	L	A	G	H	R	A	O	D	I	M	U
R	E	K	Y	S	N	A	C	E	P	R	R	E	T
C	Y	P	E	N	L	E	M	L	O	E	P	T	A
H	E	N	I	P	I	N	Y	O	N	V	Y	T	H
C	I	D	O	O	W	N	O	T	T	O	C	O	S
P	A	P	O	D	O	W	D	E	R	L	Y	O	A
I	H	E	M	L	O	C	K	H	C	A	R	D	O
N	U	R	P	S	D	O	I	N	E	P	A	L	M

CYPRESS
BIRCH
COTTONWOOD
PECAN
PALOVERDE
PALMETTO
OAK
MAPLE
ASH
DOGWOOD
FIR
PINE
ELM
HEMLOCK
BUCKEYE
MAGNOLIA
PALM
PINYON
SPRUCE
POPLAR
REDWOOD
LOCUST
REDBUD
WALNUT
HOLLY

